One Hundred *Tested* Recipes

Table Setting *and* Service

ON special occasions when you give a formal dinner or luncheon, you wish things to be "just right"—in accordance with the latest fashion.

When laying the table for dinner or luncheon, lay a plate for each person. At the right of the plate place an oyster fork, soup spoon and knives in the order of use, the one first used farthest from the plate. At the left of the plate lay the forks, in order of use, the one used farthest from the plate. Have the tines of the forks and the bowls of the spoons turned upward, and the cutting edges of the knives toward the plate.

Place the napkin, folded at the left of the forks; or, when soup is served, if desired, the napkin may be folded and placed on the plate with a roll or small piece of bread partly folded within it. Set the glass for water above the knife.

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THE recipes in this little book will be found to be practical and economical. Many delicious and appetizing dishes are offered with which one may vary the daily diet. They have been compiled especially for this book by many well known authorities.

All Recipes tested by
THE SCHOOL OF DOMESTIC ARTS
AND SCIENCES
Chicago, Ill.

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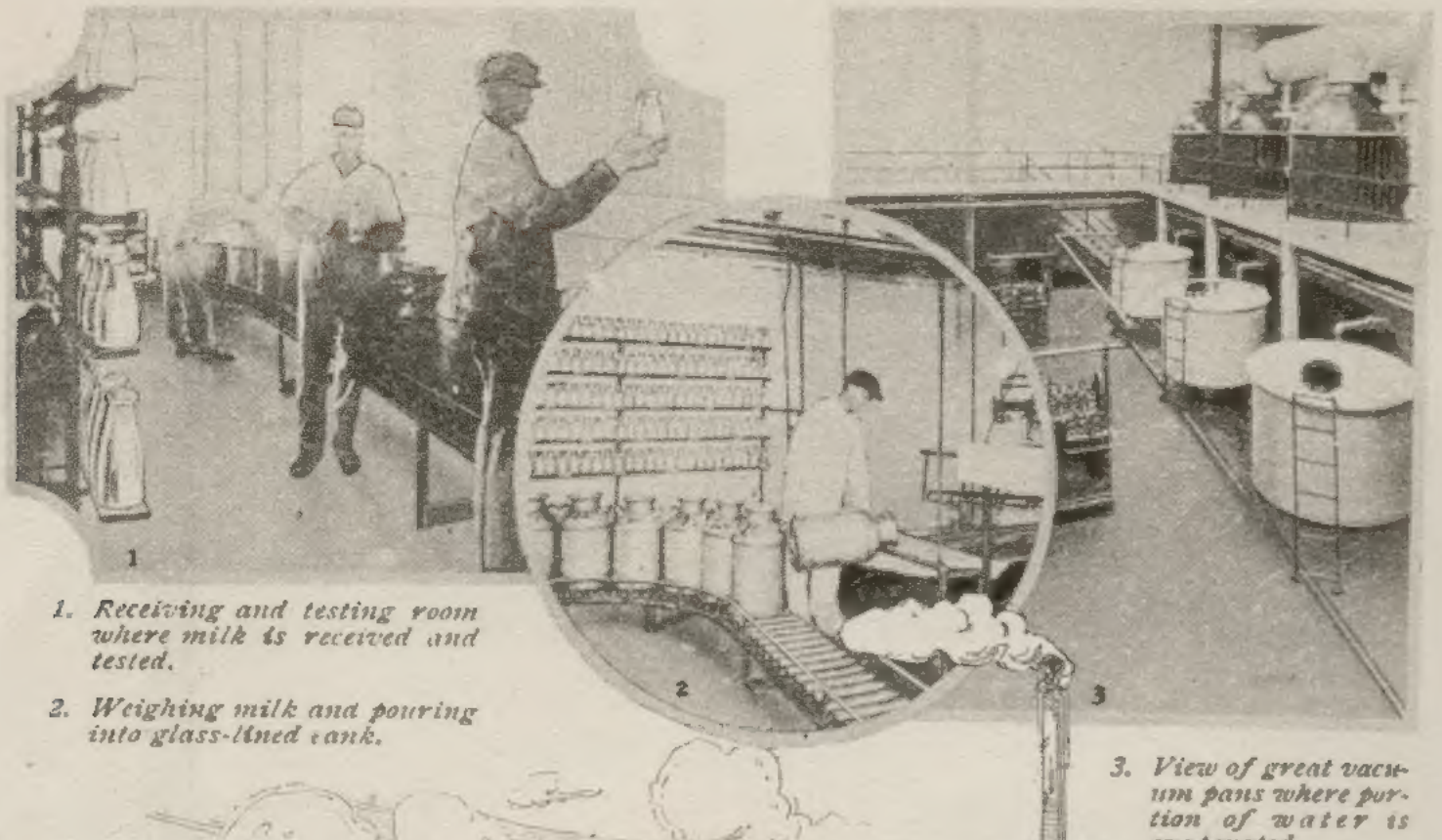
CARNATION MILK PRODUCTS COMPANY
Seattle Aylmer, Ont. Chicago

A MODERN CARNATION CONDENSERY

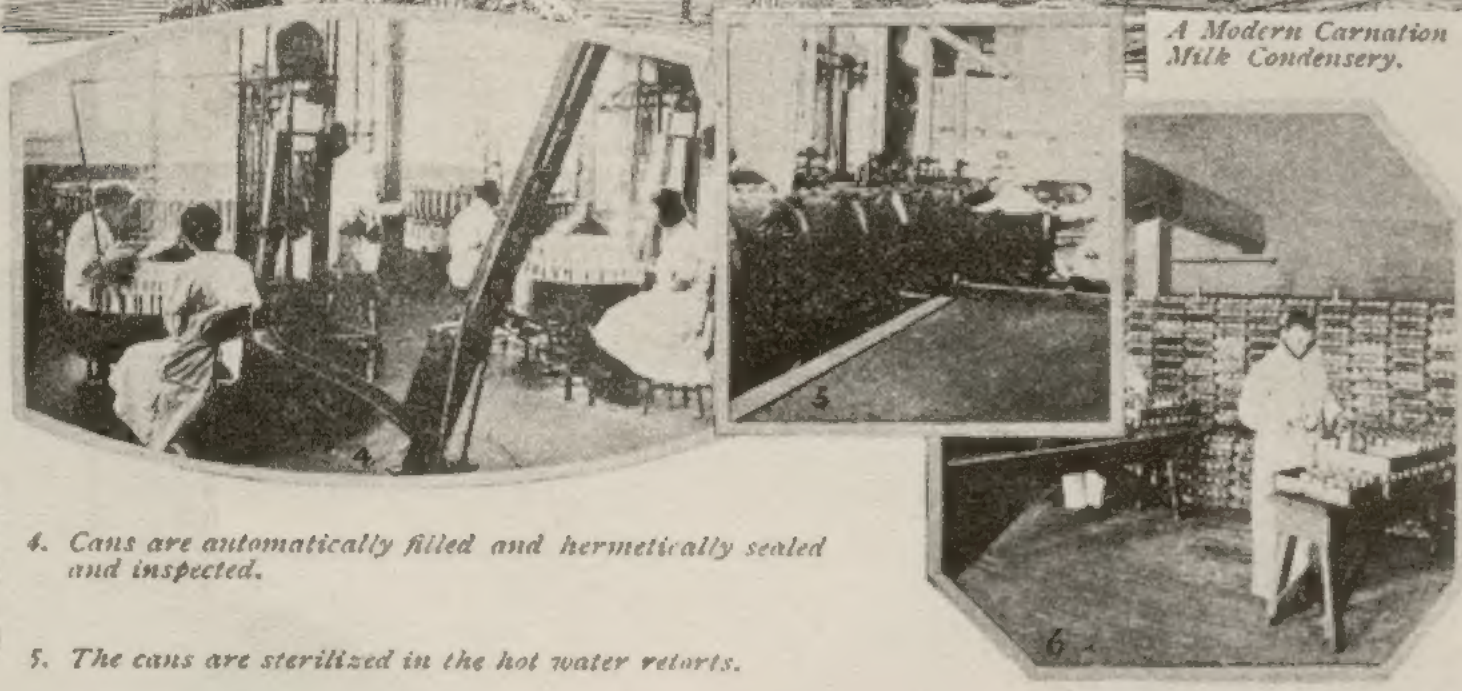


1. *Receiving and testing room where milk is received and tested.*

2. *Weighing milk and pouring into glass-lined tank.*

3. *View of great vacuum pans where portion of water is evaporated.*

A Modern Carnation Milk Condensery.



4. *Cans are automatically filled and hermetically sealed and inspected.*

5. *The cans are sterilized in the hot water retorts.*

6. *Cans are retested, labeled and packed for shipment.*

CARNATION IS PURE MILK

MILK is nature's nearly perfect food. It contains practically all of the elements necessary to sustain life and promote growth from infancy to old age—protein for muscle building, carbohydrates and fat for energy and heat and the mineral salts that play so important a part in the digestive and other functions of the body.

No other food in our diet contains even approximately the elements for growth and health in such well balanced proportions as does milk.

Carnation Milk is just pure cow's milk evaporated to the consistency of cream, hermetically sealed in the container and sterilized. When diluted with an equal part of water, Carnation Milk has the consistency of milk in the original state.

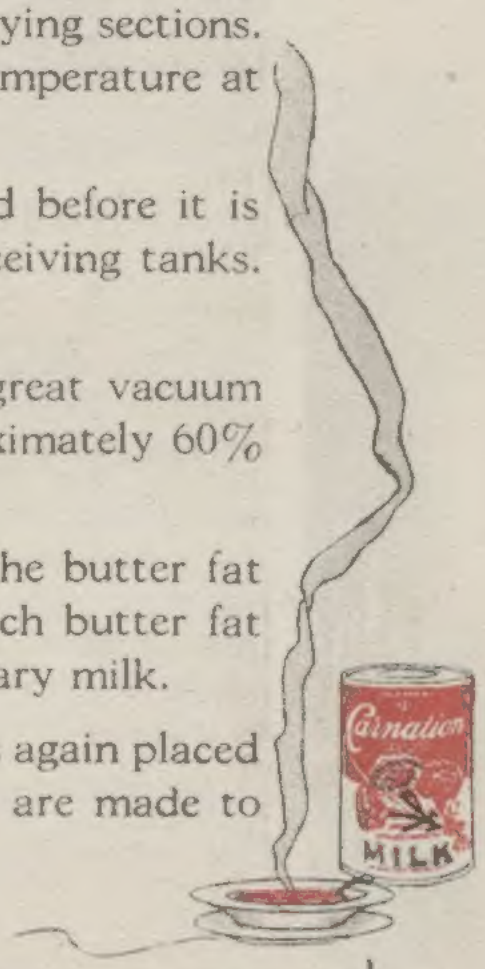
Carnation condenseries are located in the finest dairying centers. From the surrounding countrysides, farmers bring the milk to these condenseries direct from the rich green dairying sections. It is delivered in sterilized cans, kept cool to the proper temperature at all seasons of the year.

When received at the plant the milk is tested and retested before it is accepted, after which it is poured into clean, glass-lined receiving tanks. It then passes to the copper preheating kettles.

After heating to a certain temperature, the milk goes to great vacuum pans, where the evaporating process takes place and approximately 60% of the water is removed.

The milk passes on to the homogenizing machines, where the butter fat globules are broken up into minute particles to keep the rich butter fat from separating and rising to the top of the can, as in ordinary milk.

Cooling is the next step in the process, after which the milk is again placed in sterilized, glass-lined storage tanks, and laboratory tests are made to make sure that the product meets a standard of quality.



Then comes the filling—cans totally sealed, except for a tiny hole about one-tenth of an inch in diameter, pass from overhead slide to the automatic filling machine.

The milk is forced into the cans through the tiny hole, after which an automatic machine hermetically seals and tests the cans at the rate of 100 per minute.

After testing, the filled cans move into the sterilizer, where sterilizing heat is applied.

Finally the cans are hand tested individually, then passed on to the labeling department and packed in cases of 48 Tall (16 oz.) cans or 96 Baby (6 oz.) cans.

Throughout the entire process extreme sanitary precautions are taken. The shining equipment of every Carnation condensery gives evidence of constant care and cleanliness.

In plain simple terms, Carnation Evaporated Milk is pure cow's milk from which about 60% of the water has been removed by evaporation. Nothing is added—not even sugar.

Your grocer is the Modern Milkman—and he can supply you with this pure, economical and convenient milk.

NOTE:—Always mix the Carnation Milk and water thoroughly before using. This has been omitted from each recipe to avoid constant and unnecessary repetition.

All quantities of Carnation Milk are for Carnation undiluted as it comes from the can and the proper quantities of water is also given in each instance. As a general rule for cooking, use one part Carnation and two parts water. Where large quantities of liquid are required as in cream soups and in baked foods such as cakes, use one part Carnation and three of water.

In all these recipes the measurements are level.

Use the amounts called for and follow directions carefully.

Soups

CREAM OF TOMATO SOUP

2 tsp. sugar
¼ tsp. soda
1 slice onion
1½ cup water
4 tbsp. butter
1 cup Carnation Milk
½ can tomato (2 cups)
2 cloves
1 tsp. salt
1 cup water
4 tbsp. flour
⅛ tsp. pepper
6 pepper corns
Bit of bay leaf

Cook tomatoes slowly for twenty minutes, 1½ cups of water, seasonings and sugar. Strain; add salt and soda. Melt butter; add flour, stirring constantly. Add Carnation Milk diluted with one cup of water. Cook until thickened, stirring occasionally. Combine with the strained tomatoes, adding the tomatoes to the milk. Serve at once. This recipe serves six people.

CREAM OF VEGETABLE SOUP

2 tsp. salt
Slice onion
2 cups water
⅓ cup carrot
⅓ cup turnip
⅓ cup celery
1 cup potatoes
2 tbsp. flour
1½ tsp. salt
3 cups water
1 tsp. parsley
2 tbsp. butter
1 cup Carnation Milk

Wash and pare vegetables; put through food chopper or cut in small cubes; cook until tender. When done beat with fork to break vegetables and add to sauce made by melting butter; adding the flour, then milk and cook 5 minutes. Add seasonings and parsley. This recipe serves six people.

CREAM OF CELERY SOUP

1 tsp. salt
3 cups water
3 tbsp. flour
2 tbsp. butter
2½ cups celery
Pepper
1 tsp. salt
3 cups water
1 cup Carnation Milk

Use the leaves as well as the stalks of celery. Wash well and break in pieces; cook in water until soft. Add one teaspoon salt to the boiling celery. Melt butter; add flour; then milk and cook 5 minutes. Strain celery and add the liquid to the sauce. This recipe serves six people.

CREAM OF POTATO SOUP

2 potatoes
2 tbsp. flour
2 tbsp. butter
1 tsp. salt
3 cups water
1 tsp. parsley
1 cup Carnation Milk

Cut potatoes in cubes and cook until soft in boiling salted water. Beat with fork in water in which potatoes were cooked. Melt butter; add flour; then milk and cook for five minutes. Combine with potatoes. This recipe serves six people.

CREAM OF SPINACH SOUP

2 tbsp. flour
2 tbsp. butter
3 cups boiling water
2 qts. spinach or ½ lb.
Pepper
2 tsp. salt
3 cups water
1 cup Carnation Milk

Wash spinach thoroughly and cook 30 minutes in boiling water. Drain and rub through sieve. Melt butter, add flour, then milk, and cook 5 minutes; add the spinach and season with salt and pepper. This recipe serves six people.

CREAM OF MACARONI SOUP

1 tsp. salt
2 tbsp. butter
¼ cup macaroni, broken in ½-inch pieces
1 tsp. salt
2 tbsp. flour
3 cups water
1 cup Carnation Milk

Cook macaroni in boiling salted water about twenty minutes or until soft. Drain and melt butter; add flour; add salt: then milk and cook five minutes. Combine with macaroni. This recipe serves six people.

OYSTER STEW

1 pt. oysters
3 cups water
1 cup Carnation Milk
Pepper
½ tbsp. salt
2 tbsp. butter

Clean and drain oysters. Add butter and seasonings to scalded milk. Bring to the boiling point. add oysters and serve. This recipe serves six people.

CLAM CHOWDER

2 tsp. salt
1 pt. clams
1 onion sliced
¼ lb. salt pork, diced
1 qt. potatoes cut in ½-inch dice
8 crackers
3 cups water
⅛ tsp. pepper
2 tbsp. butter
1 cup Carnation Milk

Clean and pick over clams and chop finely the hard parts. Try out the pork; add onion, fry five minutes, and strain. Parboil potatoes; drain and put a layer in bottom of stew pan to which the fat has been added. Add chopped clams, sprinkle with salt and pepper, and dredge with flour. Add remaining potatoes, sprinkle with salt and pepper, dredge with flour and add two and one-half cups boiling water. Cook ten minutes, add milk, soft part of clams, and butter. Reheat and pour over crackers. This recipe serves six people.

The Balanced Ration

Milk is the one food that has the right combination of the nutritive elements needed by our system.

Thus, in a glass of pure, sweet, whole milk, we have nature's original balanced ration.

A balanced ration is simply proper feeding. And balanced food means balanced bodies.

This is not a figure of speech—it is a fact.

The food we eat is composed of sixteen chemical elements—as are also our bodies, and the elements are identical. It is therefore plain to see that to keep the body in condition to function naturally we must supply it with all the chemical elements in food.

The quantity of the various chemical elements in the body vary so greatly that the amount of these elements furnished by the food must differ accordingly.

As an example, the body needs many times as much oxygen, carbon and hydrogen as it requires calcium or iron. Nevertheless these two are essential and the balanced ration assures us of receiving them in the correct proportion.

These elements are combined into four principal divisions known as protein, fat, carbohydrate and mineral salts, of all which are necessary to the body.

Protein supplies the material for making muscle and tissue and is known as the "body builder."

Fats and Carbohydrates are utilized to furnish energy and heat and are called "body fuel."

Mineral Salts furnish the chemicals from which are formed the solutions needed for digestive process, and other chemical actions of the body—make teeth, bone and renew tissue.

A balanced ration is a combination of foods which give the correct amount of fats, carbohydrates, proteins and mineral salts. A diet containing too little or too much of any one single element or group of elements will cause trouble.

Carnation Milk is a perfect food and a balanced ration from which part of the water has been removed by evaporation.

As Carnation Milk comes from the can it possesses about double the strength of fat, protein, carbohydrates and mineral salts—it is not overbalanced, the addition of an equal portion of water brings it back to whole milk strength again.

Carnation Milk offers a convenient, economical and efficient agent for the balanced ration, such as creamed soups and vegetables, thus furnishing fat for a ration otherwise deficient in this quality.

Throughout this book are found recipes wherein Carnation Milk is used as an enriching agent; many of the dishes may be added to the meal that is lacking in the qualities possessed by this perfect food.

Fish

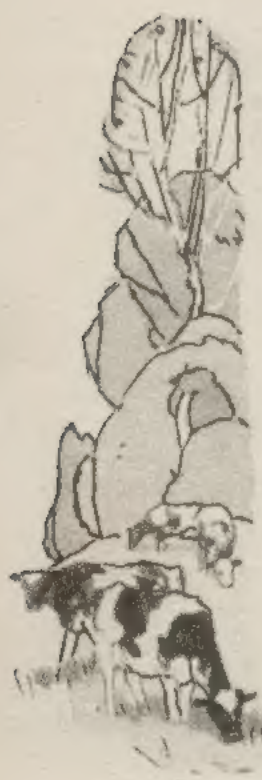
FISH CROQUETTES

2 cups cold cooked fish
1 cup Thick White Sauce
Salt
Pepper

Pull fish apart in small pieces using a fork. Season with salt and pepper and add to Thick White Sauce, (See Page 9 for recipe) then put on plate to cool. Shape, roll in crumbs, then in slightly beaten egg and again in bread crumbs and fry in deep fat. Drain and garnish with parsley. This recipe serves six people.

FISH SOUFFLE

2 cups fish
1½ cups Thin White Sauce
Parsley
2 eggs beaten separately



Flake the cooked fish and season. Cool the Thin White Sauce (See Page 9 for recipe) add the fish, then the well beaten yolks and mix. Fold in the whites of eggs beaten stiff. Bake in buttered individual baking dishes or in a pudding dish set in a pan of hot water. Bake twenty minutes or until puffed and brown. Serve immediately. This recipe serves six people.

CREAMED SALMON

2 cups salmon
2 cups Thin White Sauce

Flake the fish, add to hot Thin White Sauce (See Page 9 for recipe) and serve on toast. This recipe serves six people.

CREAMED LOBSTER

1½ cups lobster
1½ cups Thin White Sauce
Season to taste
½ tbsp. lemon juice

Add diced lobster, seasonings and lemon juice to Thin White Sauce (See Page 9 for recipe). Serve on toast. This recipe serves six people.

CARNATION FOR CREAMED MEATS

Meats

CREAMED CHIPPED BEEF

¼ tsp. salt
2 tbsp. butter
⅓ cup Carnation Milk
1 cup water
2 tbsp. flour
¼ tsp. pepper
¼ lb. chipped beef

Melt butter; add flour, stirring constantly until thoroughly blended. Add the liquid, salt and pepper. Let boil until thickened, stirring occasionally. Add beef and continue cooking until beef is heated through. Turn onto a hot platter and garnish with toast points. This recipe will serve four people.

TOMATO CREAM SAUCE

1 slice onion
1 stalk celery
½ can tomatoes
½ tsp. salt
¼ tsp. soda
Few grains cayenne
½ cup Thin White Sauce

Cook tomatoes twenty minutes with vegetables, add salt and cayenne; rub through a strainer, add soda, then Thin White Sauce (See next recipe below). This recipe makes one cup of sauce.

THIN WHITE SAUCE

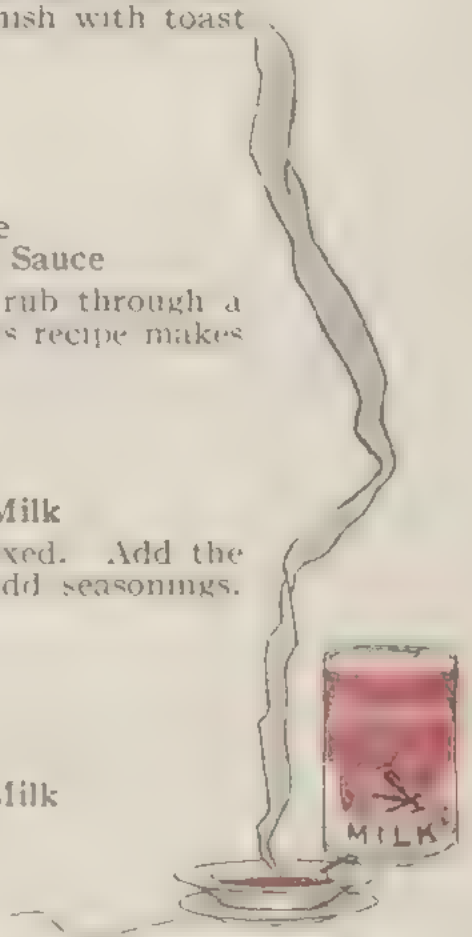
2 tbsp. flour
2 tbsp. butter or substitute
½ tsp. salt
⅔ cup water
⅓ cup Carnation Milk

Melt butter or butter substitute, add flour and stir until thoroughly mixed. Add the milk and cook about five minutes or until the mixture thickens, and add seasonings. This recipe makes one cup of sauce.

THICK WHITE SAUCE

4 tbsp. flour
2½ tbsp. butter or substitute
½ tsp. salt
⅔ cup water
⅓ cup Carnation Milk

Prepare same as Thin White Sauce. This recipe makes one cup of sauce.



CHICKEN CROQUETTES

Seasoning
2 cups cold cooked chicken
1 tsp. parsley
1½ cups Thick White Sauce

Grind or chop chicken fine. Lemon juice, onion juice and celery salt may be used for seasoning if desired. Add chicken to Thick White Sauce (See Page 9 for recipe) cool and shape. Roll in bread crumbs, then in slightly beaten egg and again in crumbs and fry in deep fat. Drain and garnish with parsley. This recipe serves six people.

MEAT PIE

1¼ lbs. beef
1 cup potatoes
½ cup carrots
Salt
Pepper
Slice onion

For Cover

1 cup flour
2 tsp. baking powder
1 tbsp. lard or substitute
¼ tsp. salt
4 tbsp. water
2 tbsp. Carnation Milk

Cut meat which has been left from pot roast or cold broiled steak into one-half inch cubes, cook vegetables, make sauce by browning onion in fat, thicken with flour, add seasoning and hot stock or water. Mix meat, vegetables and sauce. Add parsley and pour mixture into buttered baking dish. Cover with crust rolled one-eighth inch thick and bake 15 to 20 minutes. This recipe serves six people.

BAKED HASH

¼ cup fat
1½ cups meat
3 cups mashed potatoes
Onion juice
Salt and Pepper
Chopped parsley

Grind the cooked meat and season. Melt one tablespoon fat in a baking dish. Mix the ingredients well, moisten with Carnation Milk diluted with water, put in the oiled baking dish and bake in a moderately hot oven until brown on top. This recipe serves six people.

SCALLOPED MEAT

2 cups meat
Parsley
1½ cups Thin White Sauce

Chop meat fine and season with salt and pepper if desired. Mix meat and Thin White Sauce (See Page 9 for recipe), put in buttered baking dish, cover the top with buttered bread crumbs and brown in oven 10 to 15 minutes. Cold fish may be shredded and used in the same way. This recipe serves six people.

BEEF STEW WITH DUMPLINGS

2½ pounds beef
⅓ cup diced turnips
2 cups diced potatoes
Salt
⅓ cup diced carrots
¼ onion cut in pieces

Wipe meat, cut in one inch cubes, sprinkle with salt and dredge with flour. Brown meat in fat in frying pan. Put into a kettle. Cover with boiling water and boil five minutes, then lower the temperature and cook until meat is tender. Add carrots, turnips and onion during the last hour cooking. Add the potatoes thirty minutes before serving. If remnants of roast beef are used there is no necessity of browning it, as it has been cooked. Add Dumplings last 12 or 15 minutes of cooking. (See Page 13 for recipe). This recipe serves six people

CREAMED vegetables have a very definite place in any menu, especially so in a meal which is lacking in meat, fish or other muscle-making food. The use of plenty of creamed vegetables can therefore prove a distinct economy and will introduce into the body the energizing and protecting elements of Carnation Milk.

—*Mrs. Ida C. Bailey Allen.*

CREAM WHITE SAUCE
(For Creaming Vegetables)

2 tbsp. flour
⅓ cup Carnation Milk
2 tbsp. butter or substitute
½ tsp. salt
⅔ cup water

Melt butter or butter substitute, add flour and stir until thoroughly mixed. Add the milk and cook about five minutes or until the mixture thickens, then add seasonings. This recipe makes one cup of White Sauce.

All vegetables may be creamed. The vegetables should be cooked by either boiling or steaming. After cooking with salt, drain and add cream sauce.

CREAMING CANNED VEGETABLES

Canned vegetables should be emptied at once from the can, the liquid being saved toward a cream soup to be made the next day with Carnation Milk. The vegetable should then be exposed to the air for a few minutes, when it may be diced, chopped or prepared as desired, added to the cream sauce and finished as described.

CREAMED ASPARAGUS

2 bunches asparagus
2 cups Cream White Sauce

Untie bunches, break off lower parts of stalks as far down as they will snap, wash, remove scales and retie. Cook in boiling salted water 15 minutes or until soft, leaving tips out of water first 10 minutes. Drain, remove string and add to White Sauce. This recipe serves six people.

SCALLOPED POTATOES

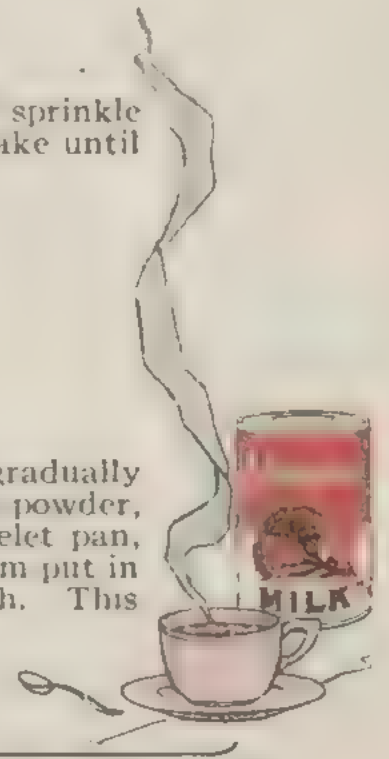
1 tbsp. salt
4 medium sized potatoes
½ tbsp. butter
1⅓ cup water
⅔ cup Carnation Milk

Wash, pare and cut potatoes in thin slices. Put a layer in buttered baking dish, sprinkle with salt and dredge with a small amount of flour. Add milk and butter and bake until potatoes are soft. This recipe serves six people.

CARNATION MILK OMELET

4 eggs
4 tsp. corn starch
1 tsp. baking powder
1 tsp. salt
1 cup Carnation Milk mixed with 4 tbsp. water

Beat egg yolks until thick and lemon colored. Mix corn starch and salt, and add gradually the cold milk, then add to beaten yolks. Beat egg whites stiff and add the baking powder, then cut and fold in the first mixture. Butter sides and bottom of heated omelet pan, turn in mixture, place on range where it will cook slowly. When brown on bottom put in oven to finish cooking the top. The omelet is cooked when firm to the touch. This recipe serves from four to six people.



Vegetables

CREAMED CARROTS AND PEAS

½ tsp. salt
2 tbsp. butter
⅓ cup Carnation Milk
4 medium sized carrots
2 tbsp. flour
¼ tsp. pepper
1 small can peas
1 cup carrot stock

Wash and scrape carrots; cut in fine strips. Cook until tender in boiling water to which 1 tsp. salt has been added. Drain, saving 1 cup of the water in which the carrots have been cooked for the Cream White Sauce. 1 small can of peas drained thoroughly, rinsed in cold water, then scalded quickly in boiling water and drained.

Melt butter; add flour, stirring constantly until thoroughly blended; add the liquid and seasonings. Let boil until thickened, stirring occasionally. Add cooked carrots and peas. This recipe serves six people.

CREAMED CAULIFLOWER

1 head cauliflower
2 cups Cream White Sauce

Remove outer leaves, soak thirty minutes in cold water with the head down and cook with the head up, twenty minutes or until soft, in boiling salted water. Drain and heat in the Cream White Sauce. This recipe serves six people.

CREAMED ONIONS

8 Spanish onions
2 cups Cream White Sauce

Peel onions and cook whole in boiling salted water about one hour. When soft, drain and add to Cream White Sauce. This recipe serves six people.

Biscuit

CARNATION BISCUIT

2 cups flour
4 tsp. baking powder
2 tbsp. butter or substitute
½ tsp. salt
½ cup water
¼ cup Carnation Milk

Sift dry ingredients together. Mix in butter or substitute with knife or fingers; add liquid, mixing to a soft dough. Roll lightly to one half inch in thickness, cut and bake in hot oven about 15 minutes. This recipe makes about eight biscuits.

MUFFINS

½ tsp. salt
1 tbsp. sugar
1¾ cups flour
4 tsp. baking powder
1 egg
⅔ cup water
⅓ cup Carnation Milk
2 tsp. melted butter or substitute

Mix and sift dry ingredients. Add milk to well beaten egg, and add to dry ingredients, then add the melted fat. Bake in oiled muffin tins from fifteen to twenty-five minutes. This recipe makes ten muffins.

NUT BREAD

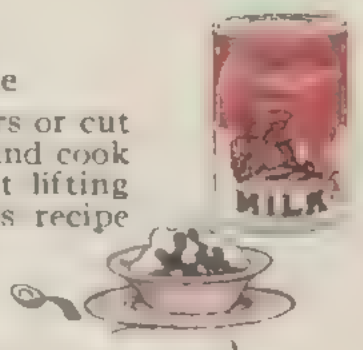
1 tsp. salt
4 cups flour
½ cup sugar
6 tsp. baking powder
2 eggs
1⅓ cups water
⅔ cup Carnation Milk
1 cup English walnuts

Mix and sift dry ingredients. Beat eggs well, add milk and mix with dry ingredients. Beat well, add nuts, put into two oiled bread pans and bake in a moderate oven thirty to forty-five minutes. This recipe makes two loaves.

DUMPLINGS

½ tsp. salt
2 cups flour
4 tsp. baking powder
½ to ¾ cup water
¼ cup Carnation Milk
1 tbsp. butter or substitute

Mix and sift dry ingredients. Work in the butter or substitute with tips of fingers or cut in with a knife, add milk gradually, mixing with a knife. Take up by spoonsful and cook on top of stew. Cover tightly and cook from twelve to fifteen minutes without lifting the cover. The mixture for dumplings must be softer than for biscuits. This recipe serves six people.



GINGERBREAD

6 tbsp. water
2¼ cups flour
1 cup molasses
2 tbsp. Carnation Milk
¼ tsp. salt
¾ tsp. soda
1¼ tsp. ginger
¼ cup butter or lard

Sift dry ingredients together. Add liquid to molasses. Combine mixtures, add shortening and beat well. Pour into oiled shallow pan and bake in moderately hot oven about 25 minutes.

CORN BREAD

½ cup flour
⅔ cup water
1 cup corn meal
⅓ cup Carnation Milk
1 egg
½ tsp. salt
2 tsp. baking powder
2 tbsp. butter or substitute

Mix flour, corn meal, salt and baking powder. Add unbeaten egg and liquid. Add melted butter and beat vigorously. Pour into shallow pan which has been well oiled and bake in a moderately hot oven. The mixture must be thin.

CINNAMON BUNS

⅔ cup water
3 tbsp. sugar
½ cup raisins
½ tbsp. Cinnamon
⅓ cup Carnation Milk
1 cake compressed yeast
1 egg
½ tsp. salt
¼ cup sugar
2 tbsp. shortening
3¾ to 4½ cups flour

Soak yeast in luke warm water. Measure the sugar, salt and shortening in a mixing bowl. Add the scalded milk and water and cool to luke warm. Add the yeast, mix well, then add the well beaten egg and flour. Turn dough on a floured board and knead until smooth and elastic. Put in a bowl and let rise in a warm place about one and one half hours or until double its bulk, then turn on lightly floured board and roll about one half inch thick. Spread with soft butter, sprinkle with mixture of one half tablespoon of cinnamon and one fourth cup of sugar, and scatter one half cup of raisins over rolled dough. Roll and cut in slices. Place in oiled pan and set in warm place about one hour or until double its bulk. Bake in a moderately hot oven about fifteen minutes. This recipe makes 32 rolls.

CARNATION BREAD

1⅓ cups water
6 to 7 cups flour
⅔ cup Carnation Milk
1 cake compressed yeast
2 tsp. salt
2 tsp. sugar
2 tbsp. shortening

Soak yeast in luke warm water. Measure the salt sugar and shortening into a mixing bowl. Add the scalded milk and water. When luke warm add the yeast and mix thoroughly. Then add the flour gradually. When stiff enough to handle, turn the dough on a floured board and knead until smooth and elastic. Put into a bowl, cover and let rise in a warm place about one and one half hours or until double its bulk, then make into loaves and put in baking pans. Cover, and again let stand in a warm place about one hour or until it has doubled its bulk, then bake about 45 minutes. This recipe makes two loaves of sixteen slices each.

SPICE CAKES

2 eggs
1 cup sugar
¼ cup water
½ cup molasses
¼ cup Carnation Milk
½ cup butter or substitute
1 tsp. soda
2½ cups flour
¼ tsp. allspice
¼ tsp. nutmeg
1 tsp. cinnamon
1 tsp. baking powder

Cream the butter or substitute, add sugar, well beaten eggs, and molasses and milk. Mix and sift the flour, soda, baking powder, and spices. Add to mixture and bake in muffin pans in a moderately hot oven. This recipe makes sixteen cakes.

NO EGG MAYONNAISE DRESSING

½ tsp salt
2 tbsp. Carnation Milk
½ cup oil
⅛ tsp. paprika
1 tbsp. lemon juice or vinegar

Put salt and paprika in a bowl; add Carnation Milk and mix thoroughly; add oil slowly, stirring constantly. Then add the lemon juice or vinegar. This recipe makes ⅔ cup salad dressing.

CARNATION FRUIT SALAD DRESSING

½ tsp. salt
2 tbsp. lemon juice
1 tsp. sugar
½ tsp. mustard
1 cup whipped Carnation Milk

Mix the first four ingredients, then add the whipped Carnation Milk (See recipe below for whipping Carnation) slowly. Serve on fruit salad.

NO EGG CARNATION COOKED SALAD DRESSING

1 tsp. salt
2 tbsp. flour
¾ tsp. mustard
2 tbsp. butter or substitute
1 tbsp. sugar
¼ cup water
3 tbsp. vinegar
¼ cup Carnation Milk

Mix dry ingredients and add to melted butter or butter substitute. Add milk and cook in double boiler until it thickens. Add vinegar slowly, then cool. This recipe makes ¾ cup salad dressing.

CARNATION COOKED SALAD DRESSING WITH EGG

1 tsp. salt
1 tbsp. sugar
1½ tbsp. flour
¾ tsp. mustard
2 eggs
1 tsp. onion juice
¼ cup mild vinegar
½ cup Carnation Milk
½ cup water

Mix dry ingredients, add beaten eggs, onion juice and milk. Add the vinegar slowly, cook in a double boiler until thick, stirring constantly. Remove from fire, strain and cool. This recipe makes 1½ cups salad dressing.

DATE AND NUT SALAD

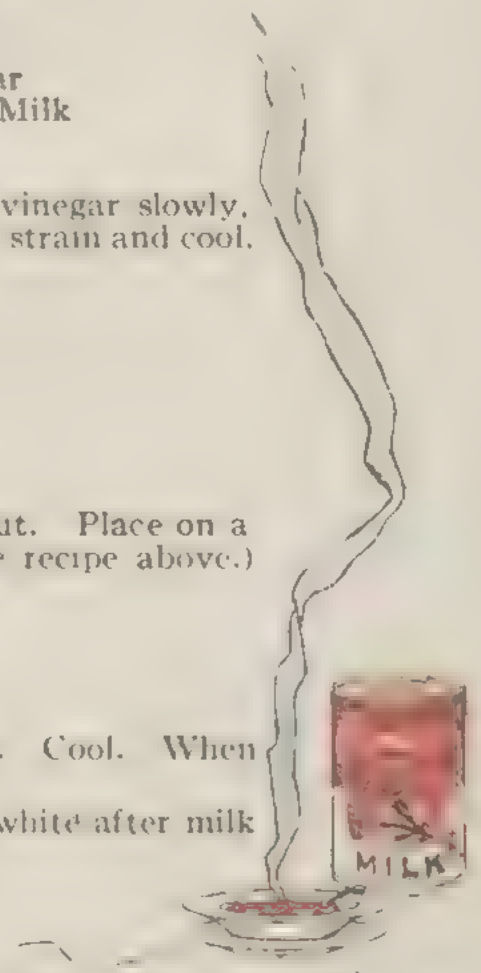
1 cup dates
1 cup celery
¼ cup nuts
1 head lettuce

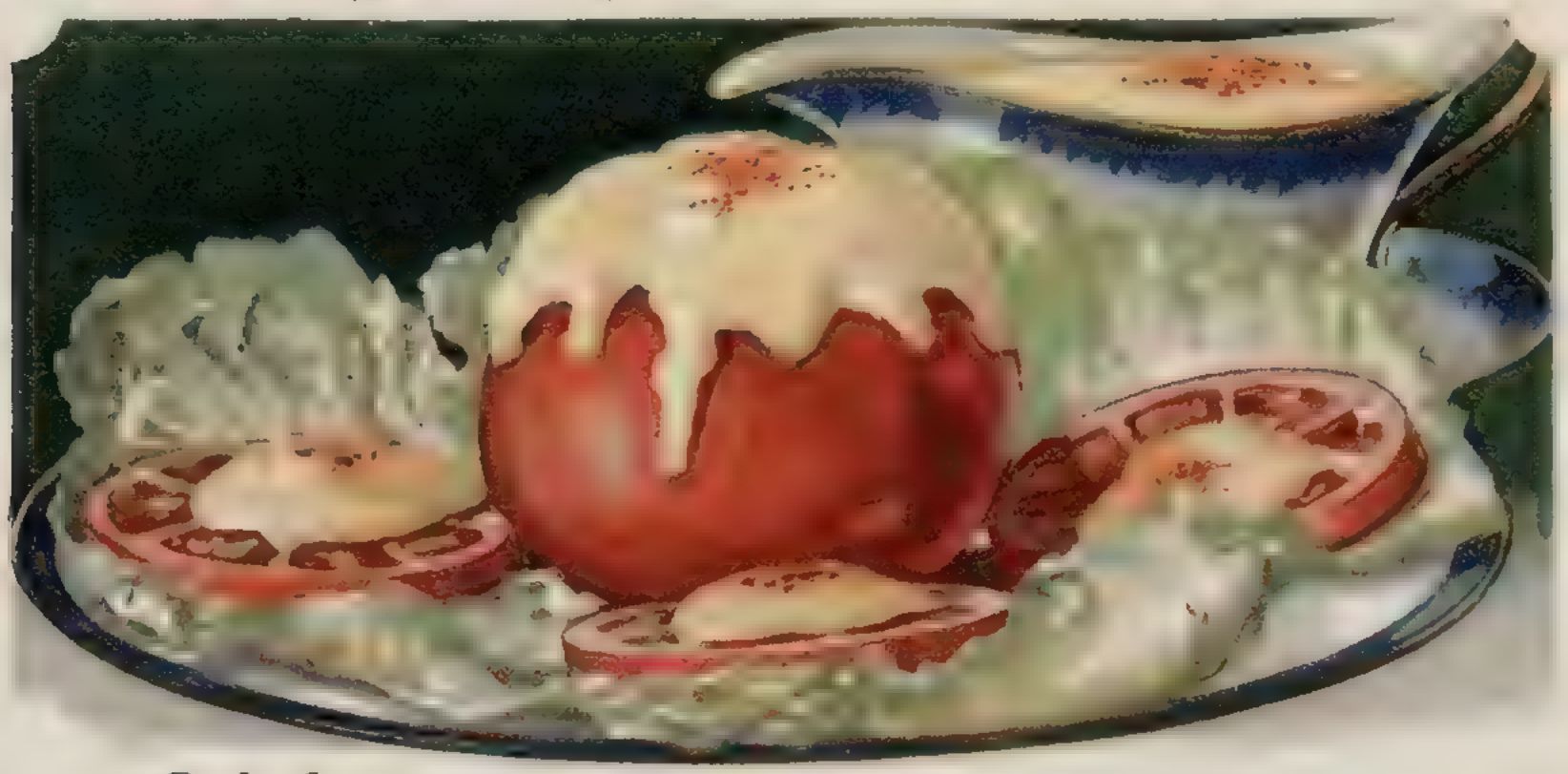
Remove stones from dates, fill cavity with one fourth of an English walnut. Place on a lettuce leaf, put chopped celery in center and add salad dressing. (See recipe above.) This recipe serves six people.

WHIPPED CARNATION MILK

Put Carnation Milk in top part of double boiler. Let cook for 20 minutes. Cool. When thoroughly chilled, whip quickly, using two wire egg whips.

If thicker cream is desired, add 1 teaspoonful of Fluff or 1 unbeaten egg white after milk has been cooked and proceed as above.





Salads

TOMATO SALAD

6 tomatoes
1 cup salad dressing
Red pepper
1 head lettuce

Select tomatoes of good shape and color. Cut three thin slices off top of each tomato and place on salad plate. Cover center of slices and top of tomato with mayonnaise, garnished with red pepper. Serve on lettuce. If desired, fill center of tomato with equal parts of pineapple and celery mixed with mayonnaise. Serve on separate salad plates. This recipe serves six people, one tomato for each person.

FRUIT SALAD

2 apples
3 oranges
½ cup marshmallows
1 head lettuce
½ cup white cherries or Malaga grapes

Cut oranges and apples in dice. Cut cherries or grapes in halves. Arrange lettuce on salad plates and place fruit in center. Over the fruit put marshmallows which have been cut in quarters. Serve with whipped Carnation Milk (See Page 15 for whipping recipe) which has been slightly sweetened, or Carnation Fruit Salad Dressing (See Page 15 for recipe). This recipe serves six people.

PERFECTION SALAD

3 tbsp. sugar
3 tbsp. vinegar
¼ cup cold water
⅔ cup boiling water
2 tbsp. granulated gelatin
Lettuce
⅓ tsp. salt
⅔ cup celery
⅓ cup cabbage
3 tbsp. pimento

Soak gelatin in cold water. Mix vinegar, sugar, salt and boiling water, bring to boiling point, add soaked gelatin and remove from fire. Stir until the gelatin is dissolved. When mixture begins to thicken add celery, pimentos and cabbage cut in desired pieces. Turn into a mould, chill, cut in squares or desired shape and serve on lettuce leaf with No-Egg Mayonnaise Dressing (See Page 15 for recipe). This recipe serves six people.

Puddings

CHOCOLATE BLANC MANGE

¼ tsp. salt
2 cups Carnation Milk
2 oz. unsweetened chocolate
¼ cup sugar
1 tsp. vanilla
2½ cups water
½ cup cornstarch

Combine 2 cups of the water and the Carnation Milk; pour into the double boiler and bring to the boiling point. Mix the cornstarch, sugar and salt; dilute with the remaining ½ cup of water. Add to the first mixture, stirring constantly. Add the melted chocolate, stirring occasionally until mixture thickens. Cook fifteen minutes. Add flavoring; mould, chill and serve with whipped Carnation Milk. (See Page 15 for whipping recipe).

RICE PUDDING

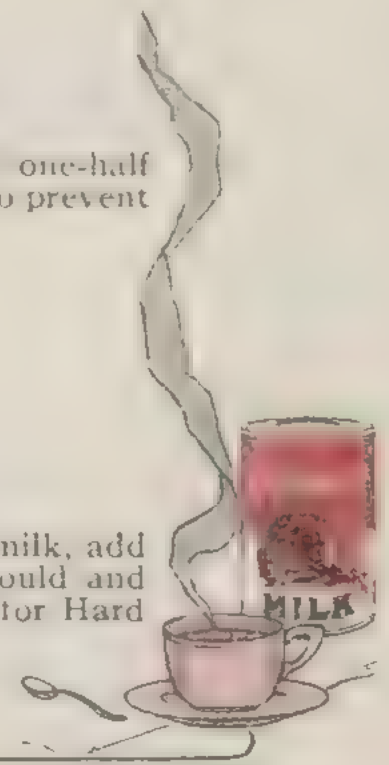
2½ cups water
1½ cups Carnation Milk
⅓ cup rice
½ tsp. salt
2 tbsp. sugar

Wash rice, mix ingredients, and pour into buttered baking dish. Bake two and one-half hours in a very slow oven, stirring every twenty minutes the first hour of baking to prevent rice from settling.

FIG PUDDING

2 cups figs
⅔ cup suet
¼ cup Carnation Milk
2¼ cups stale bread crumbs
2 eggs
½ tsp. salt
1 cup sugar
¼ cup water

Chop suet in small pieces and add finely chopped figs. Soak bread crumbs in milk, add eggs well beaten, sugar and salt. Combine mixtures, turn into a buttered mould and steam two and one-half to three hours. Serve with Hard Sauce (See Page 23 for Hard Sauce recipe). This recipe will serve six people.



CARNATION MILK FOR PUDDINGS

CARNATION BREAD PUDDING

3 tbsp. sugar
2⅔ cups water
1⅓ cups Carnation Milk
2 cups stale bread crumbs
2 eggs
½ tsp. salt
1 tbsp. butter
½ tsp. vanilla

Scald milk, pour over bread crumbs, add sugar and salt. Let cool, then add slightly beaten eggs and flavoring. Pour into a buttered pudding pan and bake in a slow oven. This recipe serves six people.

BAKED CUSTARD

2 eggs
1⅓ cups water
⅔ cup Carnation Milk
¼ tsp. salt
3 tbsp. sugar
½ tsp. vanilla

Beat eggs slightly; add sugar, salt, milk and flavoring. Pour into custard cups; sprinkle top with grated nutmeg, set in pan of boiling water and bake in a moderate oven until firm. This recipe serves six people.

BOILED SOFT CUSTARD

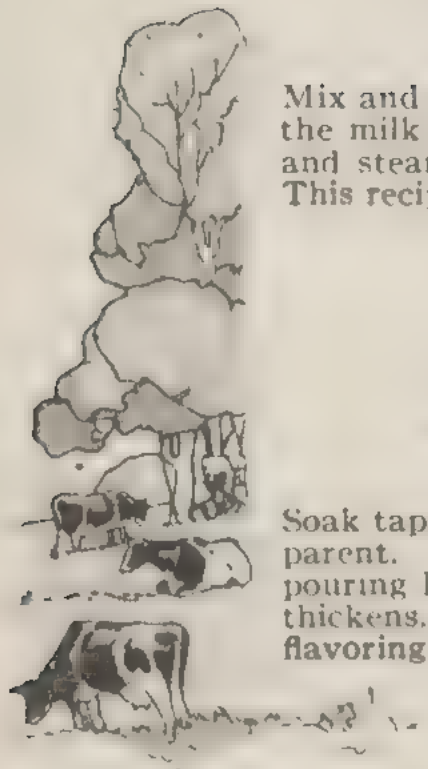
2 eggs
1⅓ cups water
⅔ cup Carnation Milk
⅛ tsp. salt
2 tbsp. sugar
½ tsp. vanilla

Beat egg yolks slightly, add sugar and salt, then add milk. Cook in double boiler and stir until mixture thickens and a coating is formed on spoon. Chill and flavor. Serve in sherbet glasses and place the stiffly beaten whites on top. This recipe serves six people.

PLUM PUDDING

½ cup suet
½ cup water
⅜ cup molasses
½ cup bread crumbs
½ cup Carnation Milk
½ tsp. salt
½ tsp. soda
½ cup raisins
½ cup currants
½ tsp. cinnamon
1¼ cup flour

Mix and sift dry ingredients. Chop suet in fine pieces, add fine bread crumbs, then add the milk and molasses. Combine the two mixtures. Turn into buttered moulds, cover and steam from three to four hours. Serve with Hard Sauce (See page 23 for recipe). This recipe serves six people.



CREAM TAPIOCA PUDDING

1⅓ cups water
¼ cup pearl tapioca
⅔ cup Carnation Milk
⅛tsp. salt
3 tbsp. sugar
½ tsp. vanilla
2 eggs beaten separately

Soak tapioca one hour in enough cold water to cover. Cook in double boiler until transparent. Add sugar and salt to milk and egg yolks slightly beaten. Combine by pouring hot tapioca slowly on egg mixture, return to double boiler and cook until it thickens. When thick remove from fire and fold in whites of eggs beaten stiff. Add flavoring and chill. This recipe serves six people.

PIE CRUST

¾ cup flour
¼ cup shortening
⅓ tsp. salt
Cold water to moisten

Sift salt with flour. Cut shortening into flour with a knife or work in quickly with tips of fingers. Use enough cold water to make the particles of the mixture adhere together. Turn on a lightly floured board and roll thin, handling as little as possible. This recipe makes one pie crust.

WASHINGTON CREAM PIE

1 cup sugar
1 ¼ cups flour
2 tbsp. Carnation
⅓ cup butter or substitute
2 egg yolks
2 egg whites
6 tbsp. water
2 tsp. baking powder

Cream the butter, add sugar gradually, and yolks of eggs well beaten. Mix and sift flour and baking powder, add alternately with milk to first mixture. Add well beaten whites of eggs. Bake in two layers. Put cream filling between layers and sprinkle top with powdered sugar.

CREAM FILLING

⅓ cup flour
1 ⅓ cups water
⅔ cup Carnation Milk
2 eggs
⅛ tsp. salt
¾ cup sugar
1 tsp. vanilla

Moisten the flour with a little cold milk, add this to the hot milk. Cook 15 minutes in double boiler. Beat the eggs, add sugar and salt. Add to them the hot liquid, return to double boiler and cook until egg thickens, stirring constantly. Remove from fire and when cool add flavoring.

COCONUT PIE

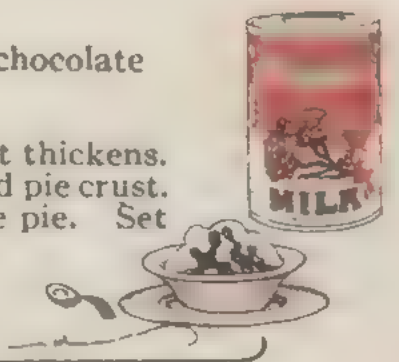
2 eggs
⅛ tsp. salt
⅛ cup flour
¼ cup sugar
½ tsp. vanilla
1 ½ cups water
½ cup coconut
½ cup Carnation Milk

Scald the milk in double boiler. Mix the flour with a little cold water, and add to scalded milk. Cook until it thickens; add sugar, salt and yolks of eggs well beaten, then add to mixture and cook for two minutes. Add vanilla and coconut. Add to baked pie crust. Beat the whites of eggs stiff, add one tablespoon of sugar and add to top of pie. Set in the oven long enough to brown the top. This recipe makes one pie.

CHOCOLATE PIE

1 cup sugar
6 tbsp. flour
½ cup Carnation Milk
2 eggs
1 cup water
2 squares unsweetened chocolate
¼ tsp. vanilla

Mix sugar and flour together; add scalded milk and cook in double boiler until it thickens. Add melted chocolate and yolks of eggs well beaten. Add vanilla and put in baked pie crust. Beat the whites of eggs stiff, add one tablespoon of sugar and put on top of the pie. Set in hot oven long enough to brown the top. This recipe makes one pie.



Pies

LEMON CREAM PIE

1 cup sugar
2 tbsp. butter
⅓ cup lemon juice
1¼ cup boiling water
3 egg yolks
¾ cup flour
½ cup Carnation Milk
½ tsp. grated lemon rind

Mix flour and sugar, add boiling water stirring constantly. Cook 5 minutes; add butter, the beaten egg yolks, Carnation Milk, the lemon juice and rind. Line plate with pastry, bake in hot oven. Cool. Fill with the lemon cream mixture. Cover with meringue (See recipe below), bake in a slow oven until the meringue is a golden brown. This recipe makes one pie.

MERINGUE

3 egg whites
½ cup powdered sugar
½ tsp. lemon extract

Beat eggs until stiff, add sugar slowly beating all the time. Flavor.

CARNATION PUMPKIN PIE

½ tsp. ginger
⅔ cup brown sugar
1 tbsp. cornstarch
1½ cups cooked and strained pumpkin
2 eggs
½ tsp. salt
1 cup water
1 tsp. cinnamon
1 cup Carnation Milk

Mix in order given and bake in one crust until firm. This recipe makes one pie.

CUSTARD PIE

2 eggs
⅛ tsp. salt
3 tbsp. sugar
1 cup water
½ tsp. vanilla
½ cup Carnation Milk

Few grains nutmeg

Beat eggs slightly, add sugar, salt and milk. Line a pie tin with pie paste; add the mixture to which the vanilla has been added. Sprinkle the top with nutmeg. Bake in hot oven at first to set the rim, then reduce the heat as egg and milk in combination should be cooked at a low temperature. This recipe makes one pie.

Cake

CHOCOLATE LAYER CAKE

⅛ tsp. salt
2 cups flour
1 tsp. vanilla
⅛ cup Carnation Milk
⅓ cup butter or substitute
4 eggs
½ cup water
1½ cups sugar
5 tbsp. boiling water
3 tsp. baking powder
2 oz. unsweetened chocolate

Dissolve chocolate in the boiling water. Cool. Cream butter, add sugar gradually, creaming constantly. Add the chocolate. Beat yolks until thick and lemon colored. Add them to the creamed sugar and butter; then add the liquid and the sifted dry ingredients, alternately Add vanilla. Beat the whites of the eggs until stiff and cut carefully and lightly into the mixture. Turn into 2 greased layer cake pans and bake in a moderate oven 30 to 35 minutes.

SUNSHINE CAKE

5 egg yolks
1 cup sugar
7 egg whites
⅛ tsp. salt
¾ cup flour
½ tsp. cream of tartar
1 tsp. orange or lemon extract

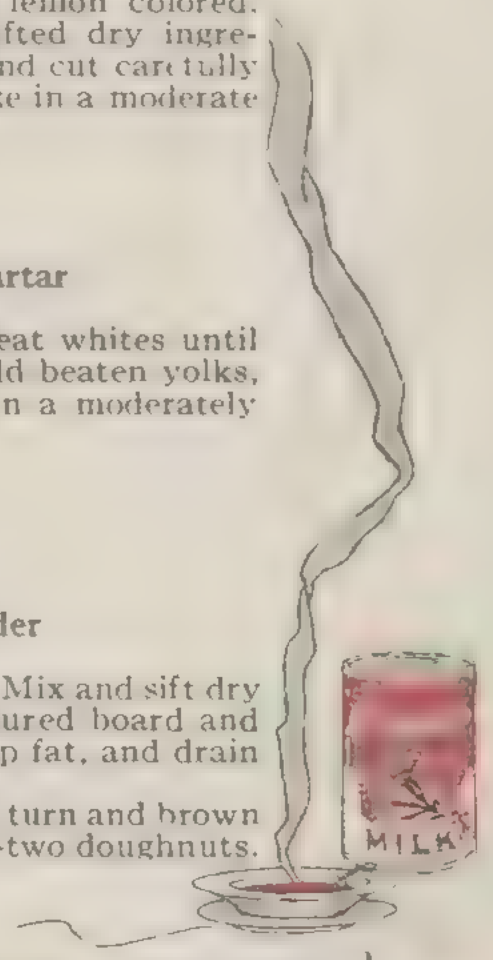
Beat the yolks of eggs thoroughly. Sift flour twice, sift sugar once. Beat whites until foamy, add cream of tartar and beat until stiff. Fold sugar in lightly, add beaten yolks, then add flavoring and cut and fold in flour. Bake about 50 minutes in a moderately hot oven. This recipe serves twelve to fifteen people.

DOUGHNUTS

2 eggs
1 cup sugar
⅛ cup Carnation Milk
1¼ tbsp. butter or substitute
1 tsp. salt
⅔ cup water
¼ tsp. cinnamon
4 tsp. baking powder
2½ to 3 cups flour

Cream the butter or substitute, add the sugar, well beaten eggs and milk. Mix and sift dry ingredients and combine mixtures. When stiff enough to roll, put on floured board and roll to one-fourth inch thickness. Cut with a doughnut cutter, fry in deep fat, and drain on brown paper.

Doughnuts should come quickly to the surface, brown on one side, then turn and brown on the other side; avoid turning more than once. This recipe makes thirty-two doughnuts.



ONE EGG CAKE

1 egg
½ cup sugar
¼ cup butter or substitute
6 tbsp. water
1¼ cups flour
2 tbsp. Carnation Milk
2 tsp. baking powder

Cream the butter or substitute, add sugar gradually, and well beaten egg. Mix and sift flour and baking powder, add alternately with milk to first mixture. Bake in a buttered shallow pan. Spread with Chocolate Icing. (See Page 23 for Icing recipe.)

DEVIL'S FOOD CAKE

4 egg yolks
2 cups sugar
⅔ cup water
⅓ cup Carnation Milk
⅔ cup butter or substitute
¼ tsp. vanilla
⅛ tsp. salt
4 egg whites
2¼ cups flour
4 tsp. baking powder
4 squares unsweetened chocolate

Cream the butter or substitute, add the sugar gradually, then the well beaten egg yolks. Add alternately milk and flour mixed and sifted with baking powder and salt. Add melted chocolate and vanilla, then the stiffly beaten whites of eggs. Bake in a loaf from 45 to 50 minutes. This recipe serves from twelve to fifteen people.

FRUIT DROP CAKES

1 egg
⅔ cup sugar
⅔ cup water
1¾ cups flour
2 tsp. baking powder
⅓ cup Carnation Milk
2½ tbsp. butter or substitute
⅛ tsp. salt
¼ tsp. vanilla
¼ tsp. cinnamon
¼ cup chopped figs
½ cup chopped nuts
¼ cup chopped dates

Cream the butter or substitute, add the sugar, then the well beaten egg. Mix and sift flour, baking powder, cinnamon, and salt and add alternately with milk to first mixture. Add vanilla, nuts, dates, and figs. Mix well and drop from a spoon onto a baking sheet and bake in a moderately hot oven. This recipe makes twenty-eight cakes.

COCONUT LAYER CAKE

4 eggs
2 cups sugar
⅓ cup Carnation Milk
½ cup butter or substitute
1 tsp. vanilla
⅔ cup water
2¼ cups flour
4 tsp. baking powder

Cream the butter or substitute, add sugar and well beaten yolks of eggs. Mix and sift the flour and baking powder and add alternately with the milk. Add the vanilla and fold in the stiffly beaten whites of eggs. Bake in three layers in a hot oven.

COCONUT FILLING

1 cup sugar
1 egg white
½ cup water
½ tsp. vanilla
1 cup coconut

Boil sugar and water until it threads. Pour onto the stiffly beaten white of egg, beating constantly. Add vanilla and one-half cup of coconut. Beat until it is thick enough to spread. Sprinkle the remaining one-half cup of coconut over the cake. This cake recipe serves from twelve to fifteen people.

CHOCOLATE ICING

1 cup sugar
2 tbsp. Carnation Milk
6 tbsp. water
1 square unsweetened chocolate
½ tsp. vanilla

Put milk and sugar in a sauce pan and stir well before boiling. Boil until a soft ball can be formed in water, then add the chocolate which has been melted over hot water. Add vanilla and beat until of right consistency to spread. This recipe makes enough icing for one cake.

PLAIN ICING

1½ cups sugar
⅓ cup Carnation Milk
⅓ cup water
1 tsp. butter
½ tsp. vanilla

Put sugar and milk in a sauce pan and stir until mixture begins to boil. Boil without stirring until it makes a soft ball in cold water. Remove from fire, add butter and vanilla. Beat until of right consistency to spread. This recipe makes enough icing for one cake.

VANILLA SAUCE

½ cup sugar
1½ tbsp. flour
1 tbsp. butter
1 cup boiling water
1 tsp. vanilla

Mix sugar and flour, add water gradually, stirring constantly. Boil five minutes, remove from fire, add the butter and vanilla. This recipe serves six people.

HARD SAUCE

2 tbsp. butter
2 cups powdered sugar
½ tsp. vanilla
1 tbsp. Carnation Milk

Cream the butter, add one cup of powdered sugar gradually, then the milk, the remaining sugar and flavoring. This recipe serves six people.

CUSTARD SAUCE

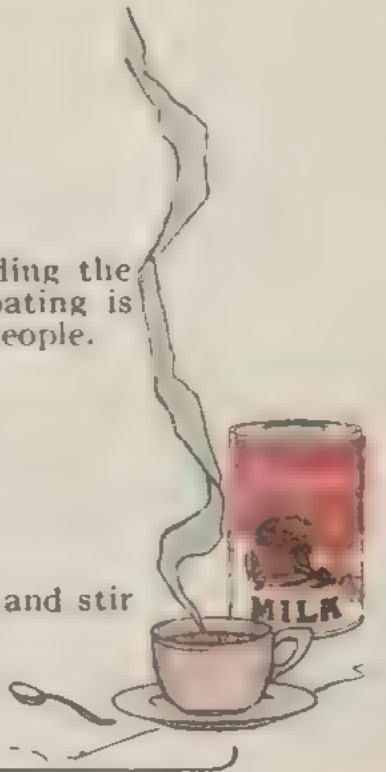
3 egg yolks
1⅓ cups water
⅔ cup Carnation Milk
⅛ tsp. salt
2 tbsp. sugar
½ tsp. vanilla

Scald milk, beat yolks slightly, add sugar and salt. Stir constantly while adding the hot milk. Cook in double boiler stirring until the mixture thickens and a coating is formed on the spoon. Strain, add vanilla and chill. This recipe serves six people.

UNCOOKED CHOCOLATE ICING

4 tbsp. cocoa
8 tbsp. powdered sugar
1 drop vanilla
3 tbsp. Carnation Milk

Mix cocoa and sugar; add milk slowly, stirring constantly. Flavor with vanilla and stir until the mixture is thoroughly blended. This makes enough icing for one cake.



Ice Cream

CARNATION ICE CREAM

1 cup water
1 tsp. vanilla
½ cup sugar
2 cups Carnation Milk

Add the sugar to the milk and stir until the sugar is melted. Add the vanilla and freeze. Use three parts ice and one part salt in freezing. This recipe makes one quart, enough to serve six people.

CHOCOLATE ICE CREAM

1 cup water
1¾ cups sugar
3 cups Carnation Milk
1 tbsp. vanilla
¾ cup boiling water
3 oz. unsweetened chocolate

Pour the boiling water over the chocolate and cook until dissolved, then add the sugar and cook until smooth and thick. Cool, add the vanilla, and stir into the milk. Pour into a freezer and freeze. A maple nut sauce may be served with this ice cream. This recipe will serve from ten to twelve people.

COFFEE ICE CREAM

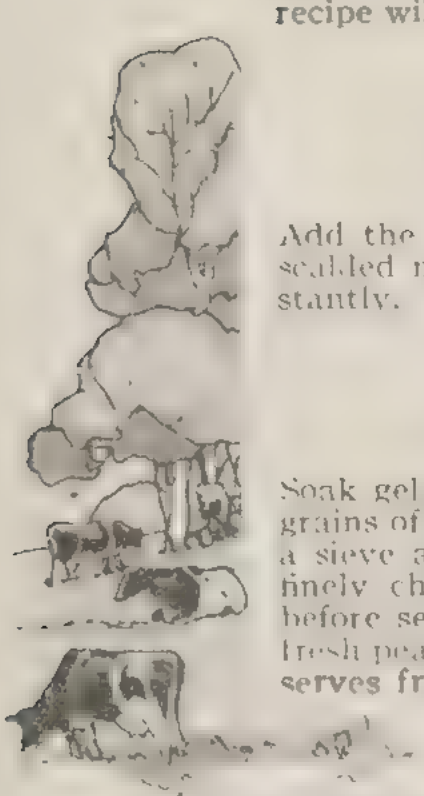
2 eggs
1 cup water
1 cup strong coffee
3 cups Carnation Milk
1 cup sugar
1 tbsp. vanilla
Few grains salt

Add the coffee to the scalded milk. Beat the eggs, add sugar, salt and gradually the scalded milk and coffee. Cook in double boiler until the mixture thickens, stirring constantly. Cool, add vanilla and freeze. This recipe will serve from ten to twelve people.

PEACH ICE CREAM

1 cup water
2½ cups peach pulp
3 cups Carnation Milk
1 cup sugar
1 tbsp. gelatin
½ cup almonds

Soak gelatin in one-fourth cup of cold water. Scald the milk, add the sugar and a few grains of salt; then add the soaked gelatin and stir until dissolved. Put peaches through a sieve and add to mixture. When cool put in freezer and when half frozen add the finely chopped almonds and complete freezing. Pack and let stand an hour or two before serving. The amount of sugar used depends on the tartness of the peaches. If fresh peaches are used more sugar will be required than this recipe calls for. This recipe serves from ten to twelve people.



Desserts

STRAWBERRY SHORT CAKE

1 tsp. salt
2 cups flour
4 tsp. baking powder
⅓ cup water
¼ cup butter
⅓ cup Carnation Milk
1 tbsp. sugar

Sift flour, salt, sugar and baking powder together; cut in butter; add the liquid gradually. Toss on floured board and cut. Bake in a hot oven. Split and spread with butter. Sweeten part of the strawberries to taste; put between layers. Leave the largest berries whole and save for top; garnish with Whipped Carnation. (See Page 15 for recipe).

MILK SHERBET

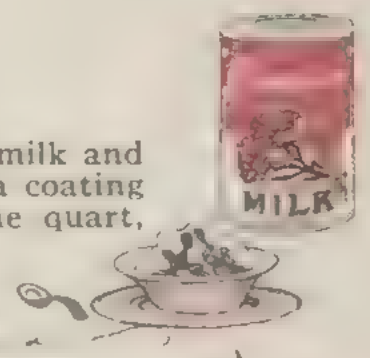
1¼ cups water
1¼ cups Carnation Milk
½ cup sugar
3 tbsp. lemon juice
1 egg white

Add the sugar to the milk and stir until the sugar is melted. Add lemon juice gradually to the milk and stir constantly to prevent curdling of the milk. Put in freezer and freeze. When half frozen add the stiffly beaten white of one egg. Use three parts ice and one part salt in freezing. This recipe will make one quart, enough to serve six people.

FROZEN CUSTARD

⅔ cup sugar
1¼ cups water
1¼ cups Carnation Milk
2 eggs
⅛ tsp. salt
1 tsp. vanilla

Scald the milk. Beat the eggs slightly; add sugar and salt. Add the scalded milk and stir constantly. Put in double boiler and stir until the mixture thickens and a coating is formed on spoon. Cool, add flavoring and freeze. This recipe makes one quart, enough to serve six people.



PRUNE WHIP

5 egg whites
⅛ pound or 1¼ cups prunes
½ cup sugar
1 tsp. lemon juice

Wash prunes and soak in cold water over night. Cook in same water until soft. Remove stones and rub through a strainer, add sugar and cook five minutes. Beat whites of eggs until stiff. Fold in prune mixture when cool and add the lemon juice. Put lightly in buttered baking dish and bake twenty minutes in a slow oven. Serve with Carnation Custard Sauce. (See Page 23 for recipe). This recipe serves six people.

PINEAPPLE CHARLOTTE

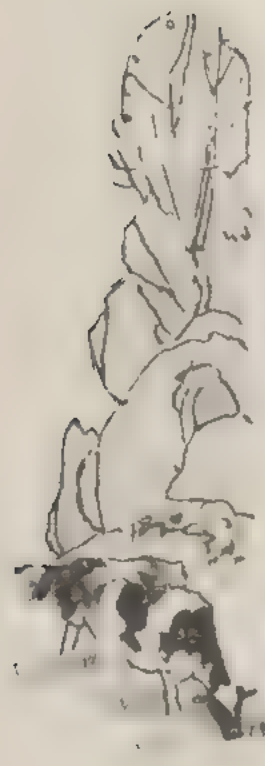
1 tbsp. gelatin
1 cup pineapple
¼ cup cold water
¼ cup sugar
1 tsp. lemon juice
1 cup Whipped Carnation

Soak gelatin in cold water. Heat chopped or grated pineapple and lemon juice. Add sugar and gelatin. When gelatin is dissolved, cool and add Whipped Carnation. Turn into a mould which may be lined with lady fingers and chill. This recipe serves six people.

CARNATION CHARLOTTE RUSSE

3 egg yolks
½ cup water
Maraschino cherries
1 dozen lady fingers
½ cup Carnation Milk
6 buttered ramekins or custard cups
3 egg whites
½ cup sugar
¼ tsp. vanilla
½ cup finely chopped blanched almonds
Almond flavored whipped Carnation Milk

Cut lady fingers into pieces and put in ramekins or custard cups. Heat Carnation Milk and water, remove from fire and add egg yolks beaten until light, sugar and almonds. Fold in egg whites which have been stiffly beaten, add vanilla and pour onto lady fingers. Bake in a moderate oven till brown and serve with a spoonful of almond flavored whipped Carnation Milk and a maraschino cherry on each.



CAFE MOUSSE

1 cup sugar
½ cup water
1 cup whipped Carnation Milk
1 tsp. gelatin
3 beaten egg yolks
1 cup strong coffee
½ tsp. vanilla

Boil sugar and water 5 minutes. Pour onto egg yolks and cook in a double boiler until mixture coats the spoon like cream. Soften 1 tsp. gelatin in 2 tbsp. cold water and dissolve with boiling coffee. Cool, add egg mixture, Whipped Carnation Milk and vanilla. Pour into a mould and pack in equal parts ice and salt at least 3 hours. This recipe serves twelve people.

GRAPE SHERBET

1 cup sugar
2 cups water
1 pint grape juice
Juice of 2 lemons
Whipped Carnation Milk

Boil sugar and water for 10 minutes. Add grape juice and lemon juice. Strain and freeze in 3 parts ice and 1 part salt. On each serving put a spoonful of whipped Carnation Milk to which lemon flavoring has been added. This recipe serves twelve people.

"The creamy richness of Carnation is most adaptable for making homemade candies."
—*Florence Tuft Eaton*

OPERA CARAMELS

2 cups sugar
½ cup Carnation Milk
½ cup water
⅛ tsp. cream of tartar
1 tsp. raspberry extract

Put sugar, Carnation Milk and water in a saucepan, stir until it boils; add cream of tartar and boil, stirring carefully to prevent burning until it forms a soft ball in cold water. Pour on a large plate which has been wet with cold water.

With a broad spatula or spoon, work the candy back and forth until it becomes firm. Add extract; put into a buttered plate; cut in squares.

OLD FASHIONED MOLASSES TAFFY

½ cup molasses
1¼ tbsp. vinegar
¼ cup Carnation Milk
¼ tsp. cream of tartar
⅛ tsp. soda
¼ cup water
3 tbsp. butter
1½ cups sugar

Put molasses, sugar, Carnation Milk, water and vinegar in a saucepan; stir until it begins to boil; then add cream of tartar. When nearly done, add butter and soda. Continue cooking until it becomes brittle when tried in cold water.

Pour on a buttered plate; when cool pull until it is light colored. Cut into small pieces with scissors.

Caution. Use a good grade of light colored molasses.

PARLOR BON BONS

Put equal parts of Carnation Milk and white of egg into a bowl; then stir in XXXX Confectioner's sugar until mixture is stiff enough to shape. This fondant may be used as follows:

CINNAMON BON BONS

Flavor ¼ of the fondant with cinnamon; color red and make it into squares, patties or any other desired shapes.

PISTACHIO BON BONS

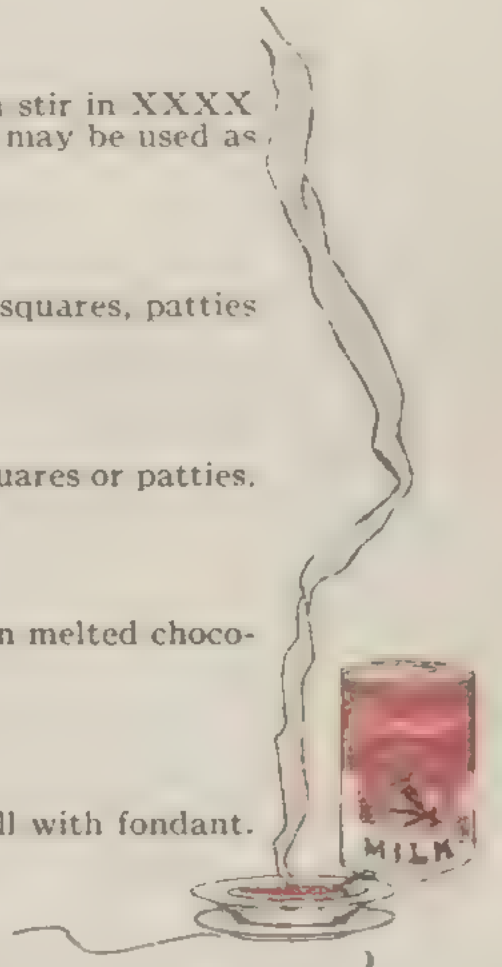
Flavor ¼ of the fondant with pistachio; color green and make into squares or patties.

CHOCOLATE BON BONS

Flavor ¼ of the fondant with peppermint, make into patties and dip in melted chocolate; place on a greased paper and let harden.

STUFFED DATES

Flavor ¼ of the fondant with vanilla. Remove stones from dates, fill with fondant. The dates may be rolled in sugar if desired.



Candies

DIVINITY

2½ cups sugar
½ cup Carnation Milk
⅓ cup water
½ cup corn syrup
Whites of 2 eggs

Put sugar, corn syrup, milk and water in a sauce pan. Stir thoroughly. Place over fire; continue stirring until it begins to boil. Boil until it registers 255 degrees or until it forms a hard ball when tested in cold water. Remove from fire; let stand while beating the whites of eggs. Beat the eggs very stiff. Pour the syrup slowly over the beaten whites, beating constantly. Add nuts if desired.

CARNATION DIVINITY FUDGE

⅓ cup water
1 tsp. vanilla
2 cups brown sugar
1-16 tsp. cream of tartar
1 cup nuts
2 tbsp. butter
¼ tsp. orange peel
⅓ cup Carnation Milk

Put sugar, Carnation Milk, water, butter, orange peel and cream of tartar in a stew pan. Stir thoroughly until it begins to boil. Cook until it forms a soft ball when tested in water. Remove from fire; stir vigorously; add vanilla. Arrange half nut meats on a greased pan. Pour over them the fudge.

FUDGE

2 cups sugar
½ cup Carnation Milk
1-16 tsp. cream of tartar
½ cup water
2 tbsp. butter
2 squares unsweetened chocolate

Put sugar, Carnation Milk, water and cream of tartar in a sauce pan. Stir thoroughly. Place on stove and boil slowly. When nearly done, add chocolate and continue cooking until the candy forms a soft ball when dipped in cold water. Remove from fire. Let it partially cool, then stir vigorously. Turn into a greased pan.

Specialties

WELSH RAREBIT

1 egg
2 tbsp. butter
¼ cup Carnation Milk
2 tbsp. flour
¾ cup water
½ lb. cheese
Salt, mustard and cayenne to taste

Melt butter, add flour, stirring constantly. When thoroughly blended, add the liquid and seasonings. Boil until thickened, stirring occasionally. Add cheese and stir until cheese is melted. Add to the slightly beaten egg and cook until the egg is blended with the sauce. Do not let the mixture boil after the cheese is added. This recipe serves four people.

MACARONI AND CHEESE

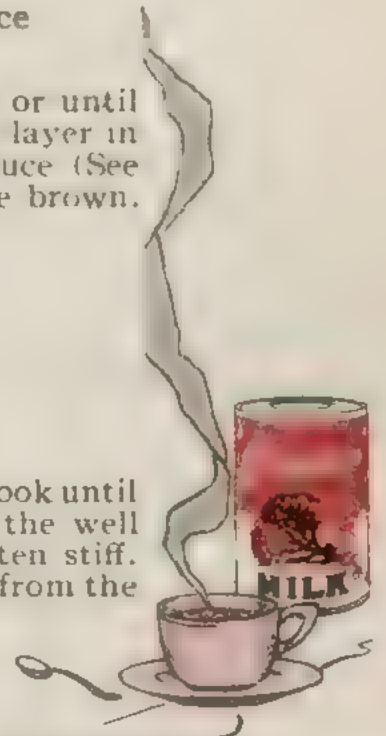
¾ cup macaroni
1½ quarts boiling water
½ cup grated cheese
1½ cups Thin White Sauce
1 tbsp. salt

Break macaroni in one inch pieces, cook in boiling salted water twenty minutes or until sott. Drain, pour over it cold water to prevent pieces sticking together. Put a layer in buttered baking dish, sprinkle with grated cheese; repeat, pour Thin White Sauce (See Page 9 for recipe) cover with buttered bread crumbs, and bake until crumbs are brown. This recipe serves six people.

CHEESE SOUFFLE

2 eggs
¼ tsp. salt
2 tbsp. flour
2 tbsp. butter
Cayenne
⅔ cup water
1 cup grated cheese
⅓ cup Carnation Milk

Melt butter, add flour and stir until thoroughly mixed, then add the liquid and cook until it thickens. Add the seasonings. Remove to the back of the stove and add the well beaten yolks and cheese. When cool add the egg whites which have been beaten stiff. Turn into a buttered baking dish and bake 25 to 30 minutes. Serve when taken from the oven. This recipe serves six people.



CARNATION AS CREAM IN COFFEE

To give your cup of coffee an appetizing flavor with golden brown color—use Carnation undiluted as it comes from the container. A teaspoonful is enough—use more if desired.

CARNATION COCOA

4 tsp. cocoa
6 tsp. sugar
3 cups boiling water
1 cup Carnation Milk
½ tsp. salt

Mix cocoa and sugar in a cup. Have water boiling. Heat cocoa pot by allowing hot water to stand in it for a few minutes. Heat Carnation Milk by standing cup of Carnation Milk in basin of hot water for five minutes or more. Pour a little boiling water into cup of cocoa and sugar to dissolve them. Pour into cocoa pot, add remainder of water, boiling hot, then the hot Carnation Milk and salt. Serve at once. Makes four cups.

CHOCOLATE

For chocolate, use two or three times as much cocoa as the above recipe calls for.

CARNATION MILK PUNCH

A delicious and refreshing drink may be made by diluting ice cold Carnation Milk with cold water in equal proportions. Sweeten with sugar, flavor with vanilla, and a dash of nutmeg (lastly, add the beaten white of an egg).

Any sweetened fruit juice may be used in place of the vanilla, according to taste. Mix well before serving.

CARNATION TEA

Three parts hot tea. One part Carnation Milk. Sweeten to taste. A most delicious morning or breakfast beverage.

ICED TEA

Iced tea is usually served with lemon and sugar, but many people prefer cream as served in hot tea. Carnation should be used undiluted with iced tea, and powdered sugar (served) as it melts more quickly than hard loaf sugar.

EGG CHOCOLATE

1 egg
¼ cup water
2 tsp. sugar
½ cup Carnation Milk
2 tsp. cocoa

Beat egg, add other ingredients. Shake well. This recipe makes one cup.

CARNATION AS A DRINK

For drinking purposes use one part Carnation mixed with an equal portion of cold water, or two parts Carnation to three parts of water—according to how rich you care to serve. Ice and stir well. A Booklet containing recipes for twenty-five drinks will be sent free.

GRIDDLE CAKES

1 tsp. salt
2 cups flour
2 tsp. baking powder
1 egg
1 cup water
½ cup Carnation Milk

Mix flour, salt and baking powder together. Add the milk and beaten egg gradually. Drop by spoonfuls on a greased hot griddle. Cook on one side: when puffed and cooked on edges, turn and cook on other side. This recipe serves six people.

FRENCH TOAST

2 eggs
½ tsp. salt
½ cup water
¼ cup Carnation Milk
Stale bread cut in slices

Beat the eggs slightly, add salt and milk. Dip the bread in the mixture. Grease a frying pan and when hot, place slices of bread in it and brown on one side, then turn and brown on the other side. This recipe serves six people.

CARNATION MILK TOAST

1 ½ cups water
½ cup Carnation Milk
½ tsp. salt
1 tbsp. butter or substitute
Bread cut in slices and toasted

Add the butter to the toasted bread. Heat the milk and add the salt. Pour over the toast and serve immediately. This recipe serves four people.

STUFFED EGGS

1 egg
2 tsp. No-egg Mayonnaise Dressing (See Page 15)
⅛ tsp. salt
¼ tsp. finely chopped parsley

Cook egg until hard. Cut lengthwise; remove yolk and mix thoroughly with the mayonnaise, parsley, and salt. Refill the whites and fasten with a toothpick. Enough for one person.

SANDWICH FILLING No. 1

1 cream cheese (4 oz.)
2 tbsp. Carnation Milk
⅛ tsp. salt
1 tbsp. pimentos
Cayenne

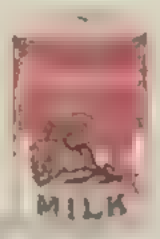
Soften the cheese with the Carnation Milk; add the pimentos, salt, and cayenne. Mix thoroughly. Spread this mixture between thin slices of unbuttered Carnation Bread (See Page 14).

SANDWICH FILLING No. 2

1 cream cheese (4 oz.)
2 tbsp. Carnation Milk
3 tbsp. chopped nuts
1 tbsp. chopped pickle
⅛ tsp. salt

Soften the cheese with the Carnation Milk; add the chopped pickle, nuts and salt. Spread between thin slices of Carnation Bread (See Page 14).

Lettuce leaves can be used in either sandwiches or the sandwiches can be made without the lettuce.



TIME TABLE FOR COOKING

Loaf Bread	40 to 60 m.	Fruit Cake	2 to 3 hrs.
Rolls and Biscuits	10 to 20 m.	Cookies	10 to 15m.
Graham Gems	30 m.	Bread Pudding	1 hr.
Gingerbread	20 to 30 m.	Rice and Tapioca (baked)	1 hr.
Sponge Cake	25 to 45 m.	Steamed Pudding	1 to 3 hrs.
Plain Cake	20 to 30 m.	Steamed Brown Bread	3 to 4 hrs.
Pie Crust	about 20 m.	Plum Pudding	3 to 4 hrs.
Custards	25 to 30 m.		

MEAT

Beef, per lb. (roasted)	15 to 20 m.	Pork, per lb. (roasted)	30 m.
Mutton, per lb. (roasted)	25 m.	Goose, per lb. (roasted)	20 m.
Lamb, per lb. (roasted)	20 to 25 m.	Chicken Fricassed	1 hr.
Veal, per lb. (roasted)	20 to 25 m.		

VEGETABLES

Spinach	15 to 20 m.	Turnips	30 m.
Potatoes	20 to 30 m.	Cauliflower	20 to 30 m.
Asparagus	20 to 25 m.	Brussels Sprouts	30 to 40 m.
Peas	20 to 25 m.	Onions	30 to 40 m.
String Beans	25 to 35 m.	Parsnips	30 to 40 m.
Lima Beans	30 to 40 m.	Green Corn	15 to 20 m.
Macaroni	20 m.	Rice (boiled)	20 m.

STANDARDIZED OVEN TEMPERATURES

Temperatures used in class work in Columbia University

SLOW	MODERATE	HOT OR QUICK	VERY HOT
250°-350°	350°-400°	400°-425°	425°-500°
Custards	Bread	Biscuits	Roast Meat
Meringues	Cakes	Cookies	Roast Poultry
		Pastry	Pastry, Tarts
		Rolls	Puff Paste

WEIGHTS AND MEASURES

2 saltspoonfuls	equal	1 coffeespoonful	4 cupfuls of flour	equal	1 pound
2 coffeespoonfuls	"	1 teaspoonful	1 heaping quart	"	1 pound
4 teaspoonfuls (liquid)	"	1 tablespoonful	1 cupful of butter	"	½ pound
3 teaspoonfuls (dry)	"	1 tablespoonful	8 round tablespoonfuls of dry material	"	1 cupful
4 tablespoonfuls (liquid)	"	1 wineglassful	16 tablespoonfuls of liquid	"	1 cupful
2 wineglassfuls	"	1 gill	1 cupful granulated sugar	"	½ pound
2 gills (½ pint)	"	1 cupful	1 round tablespoonful of butter	"	1 ounce
2 cupfuls	"	1 pint			
4 cupfuls	"	1 quart			

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WALTON & SPENCER CO. CHICAGO ILL.

Domestic Science Department,

Carnation Milk Products Co.,

Seattle, Wash.

Please send Recipe Booklet to the following and advise them it is sent at my request.

NAME ..... ADDRESS .....

Date..... Signed.....

Address.....

All grocers can supply Carnation in the tall size, 48 cans to a case and the baby size, 96 cans to the case.

If your grocer should be out of Carnation, let us know and we will see that he is supplied.

Your friends would appreciate one of these books. Send us their names and addresses on the back of this sheet and we will mail them each a copy.

Yours very truly,

CARNATION MILK PRODUCTS CO.,

Mary Blake

MB:AB

Domestic Science Dept.